

JANUARY - MARCH 2021 - SAVE SOME DATES...



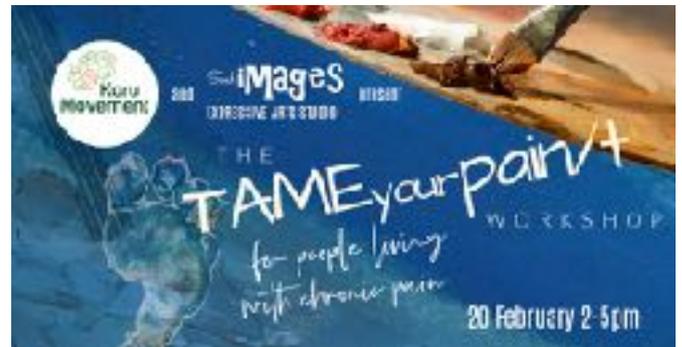
16 January / 2-4pm

Arts-for-wellness event for WOMEN...experiment with different ways of creative journaling... words, images, marks... it's all about expression...

In this 2 hour workshop Elske will facilitate a self-reflective process for journaling with a variety of materials and lots of choice. You don't need to have a visual journal (and journals are not provided), or intend to keep on journaling, but you could use the workshop to jump-start a visual journal or infuse life back into an old one.

Cost \$40

Please note that this is not Arts Therapy - but an Arts for Wellness event.



20 February / 2-5pm

A workshop for people living with chronic pain. The workshop will be an insightful and creative exploration of pain - why we have pain, the role of pain in our lives and what we can do about chronic pain.

Alina Komnatnaya from Koru Movement is a Certified Feldenkrais® Practitioner and Elske Reyneke-Barnard from Soul Images is a registered Clinical Arts Therapist. Together they will provide a safe space in which Alina will empower you with knowledge, and guide your exploration with gentle questioning and Elske will support a deeper exploration through expressive art making.

Limited spaces. \$80 pp

Early bird registrations up to 6 February at \$60/event.



Starting 15 Feb / 5-6.30pm

Arts based support group for high school students facilitated by Elske, a Clinical Arts Therapist.

Art is a visual language that gives us a voice when words fail. It is a tool in self-discovery, and in this group it can become a restorative therapeutic process building self-esteem and regulating emotions. The young person does not need to be 'artistic' to benefit from this group, our focus is on the process of art making, not the product. It is not an art class - it is an opportunity to explore and express emotions and/or explore playful creativity in a safe space.

This group is aimed at 14-18 year old high-schoolers facing challenges at school or at home, providing an extra layer of support. Cost \$30 per session or \$180 for her 1 (7 sessions) Please note that this is not Arts Therapy - but an Arts for Wellness event.



January 20 or March 5 / 10am -1pm

A hands on workshop for teachers, social workers and counsellors working with children!

Engaging in arts provides a way to communicate, connect and explore relationships in a non-threatening way. In this hands-on workshop we will explore the use of art, using a variety of media and processes, as a way to connect and engage with children. Please note that this is not an introduction into arts therapy, neither is it a training in social work, teaching, counselling or arts therapy. It is an exploration of how you can use expressive arts to connect with children within your current profession.

Cost: \$100 (incl. GST)

Registration required - email elske@soulimages.co.nz for more information

The two key elements of all activities in the studio are curiosity and playfulness. The focus is on the process, not the product. Feel free to bring a snack, or buy a coffee from one of the awesome cafe's nearby.



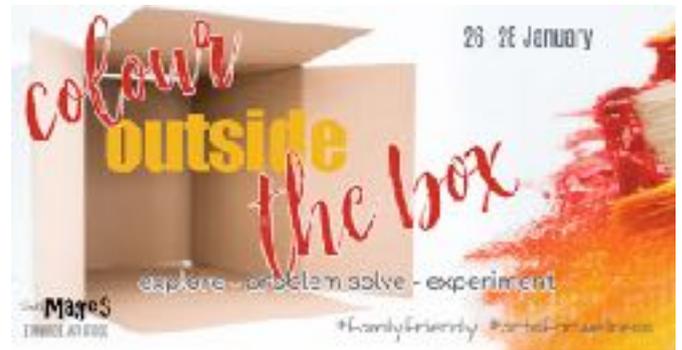
29 January, 26 February, 26 March / 11.30-1pm

Creativity and art-making is a vehicle for wellness. Come and enjoy a creative and relaxing approach to wellness alongside other counsellors. There is healing in creating, and more so in trying and failing, experimenting and succeeding alongside one-another. You will be invited to experiment and explore through drawing, painting, collage, mixed-media, image altering, or any combination of visual art activities. The two key elements of all activities in the studio are curiosity and playfulness.

The session is facilitated by Elske, who is a registered Clinical Arts Therapist. The focus is on the process, not the product, with freedom to choose how you spend your time.

Cost \$20. Registration required. Limited spaces. Register via messenger or email.

Please note that this is not Arts Therapy - but an Arts for Wellness event.



26/ 27/ 28 January / between 10am and 3pm

Colour outside the box days are about exploring that art or craft you've always wanted to try out / or finishing that project which just needed that one thing you don't have / or brainstorming a solution for your 'creative' problem / or experimenting with some new creative ideas. Maybe you just want to bring your own stuff and enjoy the studio's atmosphere. Creativity is contagious!

Cost will be agreed upon with booking- send/bring your project / questions / ideas /wish list and I'll let you know if I can help... and what it will cost. FB messenger is my preferred method of communication.

Please note that this is not Arts Therapy - but an Arts for Wellness event.



Times not yet decided. Please register interest.

Arts based support group for children facilitated by Elske, a Clinical Arts Therapist.

Art is a visual language that gives us a voice when words fail. It is a tool in self-discovery, and in this group it can become a restorative therapeutic process building self-esteem and regulating emotions. The child does not need to be 'artistic' to benefit from this group, but might enjoy art... our focus is on the process of art making, not the product. It is not an art class - it is an opportunity to explore and express emotions and/or explore playful creativity in a safe space.

This group is aimed at 10-13 year old children facing challenges at school or at home, providing an extra layer of support.

Cost \$30 per session or \$180 for her 1 (7 sessions)

Please note that this is not Arts Therapy - but an Arts for Wellness event.



15 January / 7pm

It's FAMILY date night at the studio! This one is kid-friendly! Bring the partner and the kids and connect through art! Mum and sons, father and daughters, mums and daughter, granny and the boys... whichever combination!

The two key elements of all activities in the studio are curiosity and playfulness. The focus is on the process, not the product. Our workshops aim to grow creativity and relationships at the same time.

Limited spaces. Bookings essential! Please message to book your spot using messenger.

Cost
\$20 per person

Please note this is not arts therapy but an arts-for-wellness and connection event.



13 February / 2-4pm

Arts-for-wellness event for WOMEN... explore art and mindfulness, or mindfulness through art... lines, dots, marks...

In this 2 hour workshop Elske will facilitate a self-reflective process of mindful, playful creativity using a variety of materials and lots of choice.

You don't need to be artistic to enjoy or benefit from this process.
Cost \$40

Please note that this is not Arts Therapy - but an Arts for Wellness event.



12 February / 7pm

It's date night at the studio with Soul Images! Bring your loved one and connect through art!

Please note that this event is suitable for adults only, but with a parents-night-out vibe! (You don't have to be a parent, just saying it is mostly about connecting with your partner in a fun creative way, and if you are a parent, find the babysitter before you book!) The two key elements of all activities in the studio are curiosity and playfulness. The focus is on the process, not the product. Our workshops aim to grow creativity and relationships at the same time.

Food is welcome in the studio, if you want to bring something along but there are plenty of awesome cafe's and restaurants around the city to visit before you come - make it a real date!
Cost - \$50

Please note this is not arts therapy but an arts-for-wellness and connection event.

Individual Arts Therapy Sessions RESUME FROM MONDAY 25TH JANUARY, on appointment.

SOUL IMAGES

Feel free to email if you have any questions or do not want to receive updates any longer.

Thanks, Elske

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